

Effective communication skills

Five levels of communication

1. Cliché

- a) How are you doing?
- b) Give me five!
- c) What's happening?

2. Facts

- a) It's a rainy day.
- b) Did you hear about...

3. Opinions

- a) Everyone should go to church.
- b) Let me tell you.....

4. Feelings

- c) What are you feeling?

5. Needs

- a) What do you need?
- b) What would it take to do.....

Methods

1. Drive through talking.

- a) Repeats the order.
- b) Sounds like you are saying...

2. Relationship menu - Builds unity & values

- a) Honor
- b) Personality strengths
- c) No anger

- d) Meaningful touch
 - e. Communication
 - f. Bonding experiences
 - g. Finances
 - h. Spiritual life
3. **Well done praise**
- a) 60 seconds of non stop praise
 - b) Done by Husband / wife
4. **Salt principle**
- a) Full concentration
 - b) Before giving information
 - c) Showing interest
5. **Emotional word pictures**
- a) Compares to problem
 - b) Lights are on, but nobody's home
6. **Rating**
- a) 0 - 10 ratings
 - b) Where are we? 0 - 10
 - c) How are we doing? 0 - 10
 - d) Where are we going? 0 - 10
7. **Keep short accounts**
- a) Clear up offenses
 - b) Do not let the sun go down while angry
 - c) Seek forgiveness
8. **Pray**
- a) Seek the Lord
 - b) Pray one for another
 - c) Lift each other up in prayer
 - d) spiritual warfare

